

LIFE – REALIZATION™

at Yoga Center of California
445 East 17th Street, Costa Mesa, CA. 92627

Subject: Meditation – The Ami Yantra Mantram

Points to remember:

The Atman, the Inner Self or Soul, is your true nature.

At the core of your being you will find: creative intelligence, peace, ever-new joy, great love, security, and the inner power which keeps you alive.

People would be willing to make great sacrifices, and travel anywhere, for only a small glimpse of the splendor of the Atman.

People are so outer-directed they cannot conceive that goodness, beauty, and happiness **reside within them.**

The reason people never dream they can have incomparable treasures is the barrier of mental/emotional turbulence.

It is impossible for most people to sense and contact the Atman because the mind is so preoccupied with the world.

Mantrams rescue the mind and free you to contact your Inner Self.

People cannot contact the Atman through thought, emotional intensity, or affirmation.

Mantrams, properly chanted, reveal the true self.

The Life-Realization™ Technique

Chant the “Ami Yantra” mantram. Proceed thoroughly through the phases: out loud, whisper, mental, effortless mental, and superconscious chanting. To come out, reverse the phases with attentiveness.

This Week – The Practical Application

Strive to live your life in a more centered manner.

I Am The Instrument Of My True Self